



# Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Levels Muay Thai 12:00-1:00 pm		All Levels Muay Thai 12:00-1:00 pm		All Levels Muay Thai 12:00-1:00 pm Upstairs	Kids Martial Arts 10:30-11:30 am Upstairs
Kids Martial Arts 4:30 – 5:30 pm		Kids Martial Arts 4:30 – 5:30 pm			All Levels Muay Thai 11:30 am-12:45 pm Upstairs
Level 1 Muay Thai 5:30 – 6:30 pm Upstairs		Level 1 Muay Thai 5:30 – 6:30 pm Upstairs		Open Gym MMA, Boxing, Muay Thai 5:00 – 7:00 pm Upstairs	MMA Open Gym 11:00 am – noon Downstairs
Women's Muay Thai 5:30 – 6:30 pm Downstairs	Boxing 5:30 - 7:00 pm	Women's Muay Thai 5:30 – 6:30 pm Downstairs	Boxing 5:30 - 7:00 pm		
Level 2 Muay Thai 6:30 – 7:30 pm Upstairs	Fighter's Class Muay Thai 6:30 – 8:30 pm	Level 2 Muay Thai 6:30 – 7:30 pm Upstairs	Fighter's Class Muay Thai 6:30 – 8:30 pm		
Level 1 MMA 6:30 – 7:30 pm Downstairs	Wrestling 7:30-8:30 pm	Level 1 MMA 6:30 – 7:30 pm Downstairs	Wrestling 7:30-8:30 pm		
Level 2 MMA 7:30 – 9:00 pm		Level 2 MMA 7:30 – 9:00 pm			
Krav Maga 7:30-8:30 pm		Krav Maga 7:30-8:30 pm			

**MMA:** Our MMA classes focus on ground fighting utilizing techniques from Brazilian Jiu Jitsu and wrestling while incorporating strikes, throws, takedowns and takedown defense. The concept of Mixed Martial Arts dates back to the ancient Greek Olympics of 648 B.C. when it was called Pankration, meaning all powers. In the modern era, MMA was originally created as a way to test the capabilities of various martial arts against each other in a neutral forum with minimal rules. Today MMA is the fastest growing sport in North America. It is exhilarating to watch as highly conditioned & well trained athletes showcase their skills in a relentless competition. There are numerous techniques used in MMA including- takedowns, throws, punches, kicks, knees, elbows and submission holds. Classes are instructed by professional fighters. You will learn all the skills of a true warrior and get into the best shape of your life. Time is allotted for full contact sparring after class for those wishing to compete or challenge themselves. In our MMA classes participants' must wear MMA handwraps, 4 oz MMA gloves, a mouth piece, a cup, and shorts with a t-shirt.

**BOXING:** We offer a program that meets the needs of the novice but is also designed to handle the requirements of the highly skilled boxer. Boxing classes are designed to teach both traditional boxing as well as boxing for the purpose of MMA. While learning both basic and advanced techniques you will effectively burn fat and tone muscle in every enjoyable and exciting training session. Time is allotted for full contact sparring after class for those wishing to compete or challenge themselves. In the Boxing class participants must wear hand wraps, a mouth piece, a cup, Boxing gloves (14 oz to 16 oz), Head Gear for sparring, and shorts & t-shirt

**KICKBOXING/Muay Thai:** We offer a mixed and Women's only Muay Thai/Kickboxing program that is taught in an environment that is fun and suitable both for the exercise enthusiast and for those who compete at any level. Muay Thai classes incorporate intense cardio and strength conditioning while learning precise striking and defensive techniques. It is the ultimate full body workout. You will learn to punch, kick, clinch, elbow and knee. Classes are a mix of jump rope, shadow boxing, bagwork, padwork, technique training and light contact sparring intended to provide a very effective workout and to help you reach your fitness goals quickly. Time is allotted for full contact sparring after class for those wishing to compete or challenge

**KIDS CLASSES:** One is physical – your child will improve his or her strength, flexibility, athleticism and overall health. Additionally, your child will learn to defend themselves with effectiveness. Hopefully, your child will never be picked on or need these skills but should the occasion arise, shouldn't everyone know how to protect themselves. The second form of self-defense karate teaches is internal. Children learn to spot danger and avoid dangerous people, places and activities. Island

MMA can help your child avoid the need for a physical confrontation. This second form of self-defense is perhaps the most valuable of two

**KRAV MAGA:** Krav Maga promotes finishing a fight as quickly as possible. Attacks are aimed at the most vulnerable parts of the body, and training is not limited to techniques that avoid severe injury. Drills provide maximum safety to students by the use of protective equipment and the use of reasonable force. Students learn to defend against all variety of attacks and are taught to counter in the quickest and most efficient way.

Ideas in Krav Maga include:

- Counter attacking as soon as possible (or attacking pre-emptively).
- Targeting attacks to the body's most vulnerable points such as the eyes, jaw,
- throat, solar plexus, ribs, groin, knee, armpits
- Neutralizing the opponent as quickly as possible
- Maintaining awareness of surroundings while dealing with the threat in order to look for escape routes, further attackers, objects that could be used to defend or help attack and so on.

Basic training entails a warm-up, learning essential pressure points, and learning how to approach and control an opponent using force. Students learn how to execute strikes including various punches, hammer fists, elbows, knees and kicks. Students learn defenses against take-downs, chokes, bear-hugs, arm bars, and other possible attacks. Training also includes learning to defend against various weapons such as knives, bats & guns. Pressure drills in which students engage with multiple attackers are also common. Other training exercises and pressure drills include students closing their eyes and reacting to a variety of potential threats. Fitness and endurance training is also incorporated into regular classes.

Training can also cover situational awareness to develop an understanding of one's surroundings, learning to understand the psychology of a street confrontation, and identifying potential threats before an attack occurs. It may also cover ways to deal with physical and verbal methods to avoid violence whenever possible.

**PETEREC'S MARTIAL ARTS**

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**ISLAND MMA**

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